

## ABSTRACT

An information recording medium (100) includes: a first recording layer (107); a semitransparent reflective film (108) to reflect at least one portion of laser light for recording with which the first recording layer is irradiated; a second recording layer (207) which is irradiated with the laser light for recording through the first recording layer and the semitransparent reflective film; and a reflective film (208) to reflect the laser light for recording with which the second recording layer is irradiated, thermal conductivity from the second recording layer to the reflective film when the second recording layer is irradiated with the laser light for recording being substantially equal to thermal conductivity from the first recording layer to the semitransparent reflective film when the first recording layer is irradiated with the laser light for recording